Partial Translation of PhD dissertation by Philippe Foussier:

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B.2.2. - Calculation of Commutation Times:

Once the duration of application is calculated, the commutation times of the switches must be determined; the problem being that it is possible to determine a plurality of commutation sequences that correspond to the calculated times. For every fundamental output, each sequence produces different harmonics and commutation losses.

In our example, we use a continuous MLI [Multiple Level Inverter?] , with the impulses centered in the middle of the commutation period. This type of modulation limits the harmonic content of the generated voltages.

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